

KHALEESI COSPLAY WORKOUT & GUIDE



Bonus PDF File
By: Mike Romaine

Copyright Notice

No part of this report may be reproduced or transmitted in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without expressed written, dated and signed permission from the author. All copyrights are reserved.

Disclaimer and/or Legal Notices

The information provided in this book is for educational purposes only. I am not a doctor and this is not meant to be taken as medical advice.

The information provided in this book is based upon my experiences as well as my interpretations of the current research available.

The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

This product is for informational purposes only and the author does not accept any responsibilities for any liabilities or damages, real or perceived, resulting from the use of this information.

KHALEESI

SUGGESTED COSPLAY

The Good Stuff:

These are not the budget options. These are from our friends over at EZCosplay and are NOT simply "Halloween Costumes" but cosplay outfits that are made to transform you into these characters.

[Khaleesi Season 8](#)

[Khaleesi Season 7](#)

[Khaleesi White Dress](#)

[Alternative Options \(There's a lot\)](#)

Amazon Budget Route:

These are budget options that are from Amazon and may be simply Halloween Costume items, but are also the top options we suggest from the platform.

[Season 8 \(Less Expensive Route\)](#)

[Khaleesi White Dress](#)

[Khaleesi Wig](#) (Figured it's best to share the inexpensive route here and you can splurge on the dresses/clothing)

KHALEESI COSPLAY WORKOUT ROUTINE

Training Volume:

5 days per week

Explanation:

Five days a week might seem high volume but we're going to be using 3 full body workouts a week paired with 2 sessions of cardio. They'll last anywhere from 30-45 minutes a session and be nice a quick and easy for you guys so make sure to pair this with an awesome diet plan as well for the best results.

Difficulty Level:

Beginner

When we do our celebrity and character workouts we base the difficulty level off of their routines/their powers. For this one it's just a judgement call on how I believe we can best get you looking like each character. For that reason I'm providing a level for each.

Want To Upgrade This Workout?

[The Superhero Academy](#) now comes with an [Upgrade Your Workout Tool](#) that allows Academy members to turn any SHJ workout into a 4-8 week fully planned regime detailing exact weights to lift and including reverse & tradition pyramid training, straight sets, super sets, progressive overload and more.

Khaleesi Cosplay Workout: Sample Workout Schedule

This can be done on any 5 days of the week, but this is how I would likely format it for myself.

Monday: Full Body Day One

Tuesday: Cardio

Wednesday: Full Body Day Two

Thursday: Cardio

Friday: Full Body Day Three

Saturday: Rest Day

Sunday: Rest Day

Khaleesi Cosplay Workout: Full Body Day One

Warm Up:

10-20 Min Incline Walk

Core and Booty:

Hack Squat or Back Squat

3×10

Glute Bridges

3×20

Hanging Leg Raises

3×20

Cable Crunches

3×20

Workout:

Incline DB Press

3×10

DB Seated Overhead Tricep Extension

3×10

Wide Grip Lateral Pulldown Machine

3×10

Standing Alternating DB Curls

3×10 each arm

Cable Straight Bar Front Raises (through your legs)

3×10

Khaleesi Cosplay Workout: Full Body Day Two

Warm Up:

10-20 Min Incline Walk

Core and Booty:

Dip Machine Leg Pushdowns

3×10

Fire Hydrants

3×20 each leg

Hanging Knee Raises w/ Twist

3×20

Crunches w/ Twist

3×20

Workout:

Cable Chest Flyes

3×10

Cable Kickbacks

3×10 each arm

Bent Over DB Rows

3×10 each arm

EZ Bar Curls

3×10

Seated Arnold Press

3×10

Khaleesi Cosplay Workout: Full Body Day Three

Warm Up:

10-20 Min Incline Walk

Core and Booty:

Goblet Squats w/ KB or DB

3×10

Donkey Kicks

3×20 each leg

Lying Leg Raises

3×20

Sit Ups

3×20

Workout:

Bench Press Machine

3×10

Cable Tricep Pushdowns

3×10

Cable Rows

3×10

Hammer Curls w/ Cable and Rope

3×10

Cable One Arm Lat Raises

3×10

Khaleesi Cosplay Workout: Cardio Days

Varied Cardio:

I tend to vary my cardio 10-15 minutes each. Sometimes I'll do 10 minutes and hop off and eventually come back to that same machine, and sometimes I'll stick to it for one 15-20 minute session before moving on to the next.

- HIIT Treadmill Training
- Incline Walk on Treadmill
- Rowing Machine
- Stair Master High Intensity
- Steady High Intensity Elliptical

- HIIT Training Bike

Complete a total of 30-60 minutes each cardio day.